

# Yogurt Parfait

|                      |                             |                       |                  |
|----------------------|-----------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                        | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each                   | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                       | <b>Recipe ID:</b>     | R-58257          |
| <b>School:</b>       | Griffith Middle/High School |                       |                  |

## Ingredients

| Description   | Measurement | Prep Instructions  | DistPart # |
|---|-------------|--|------------|
| Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case | 1 Cup       | Use to meet 2025-2026 Added Sugar requirement.                     | 499989     |
| Variety of Fruit  | 1/2 Cup     | May use any kind of fruit(s) available like GFS#244630, GFS#166720 |            |
| Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack                          | 1/4 Cup     |  | 569744     |
| MUFFIN BLUEBERRY WGRAIN IW  | 1 Each      | N/A  | 262370     |

## Preparation Instructions

Layer ingredients in the following order: fruit\* on bottom, yogurt, then granola on top or placed in a separate baggie/container. Pair parfait with 1 muffin.

Cover parfait cup with lid.

\*May use any kind of fruit(s) available.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.500 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving             |                         |
|--------------------------------|-------------------------|
| <b>Calories</b>                | 525.04                  |
| <b>Fat</b>                     | 10.19g                  |
| <b>Saturated Fat</b>           | 1.00g                   |
| <b>Trans Fat</b>               | 0.10g                   |
| <b>Cholesterol</b>             | 17.46mg                 |
| <b>Sodium</b>                  | 345.57mg                |
| <b>Carbohydrates</b>           | 96.04g                  |
| <b>Fiber</b>                   | 5.60g                   |
| <b>Total Sugar</b>             | 52.65g                  |
| <b>Added Sugar</b>             | 29.33g                  |
| <b>Protein</b>                 | 13.49g                  |
| <b>Vitamin A</b> 238.81mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 328.36mg        | <b>Iron</b> 0.72mg      |

## Nutrition - Per 100g

|                                |                         |
|--------------------------------|-------------------------|
| <b>Calories</b>                | 2187.68                 |
| <b>Fat</b>                     | 42.44g                  |
| <b>Saturated Fat</b>           | 4.17g                   |
| <b>Trans Fat</b>               | 0.42g                   |
| <b>Cholesterol</b>             | 72.76mg                 |
| <b>Sodium</b>                  | 1439.87mg               |
| <b>Carbohydrates</b>           | 400.18g                 |
| <b>Fiber</b>                   | 23.32g                  |
| <b>Total Sugar</b>             | 219.37g                 |
| <b>Added Sugar</b>             | 122.19g                 |
| <b>Protein</b>                 | 56.23g                  |
| <b>Vitamin A</b> 995.02mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 1368.16mg       | <b>Iron</b> 3.00mg      |